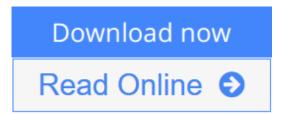


# **Essential Zen Habits: Mastering the Art of Change, Briefly**

By Leo Babauta



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Essential Zen Habits shares a method and a six-week program for changing a habit, and outlines steps needed to quit bad habits, deal with life struggles, and find mindfulness. All in a very brief format of "just do this" instructions, no fluff whatsoever.



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